

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau



(43) International Publication Date
3 March 2005 (03.03.2005)

PCT

(10) International Publication Number
WO 2005/018751 A1

(51) International Patent Classification⁷: **A63B 23/00**

(21) International Application Number:
PCT/GB2003/005068

(22) International Filing Date:
21 November 2003 (21.11.2003)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
0319508.8 20 August 2003 (20.08.2003) GB
0324181.7 16 October 2003 (16.10.2003) GB

(81) Designated States (*national*): AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

(84) Designated States (*regional*): ARIPO patent (BW, GH, GM, KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PT, RO, SE, SI, SK, TR), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

(71) Applicant and

(72) Inventor: PAYNE, Clive, Anthony [GB/GB]; 93 Carbery Avenue, Southbourne, Bournemouth, Dorset BH6 3LP (GB).

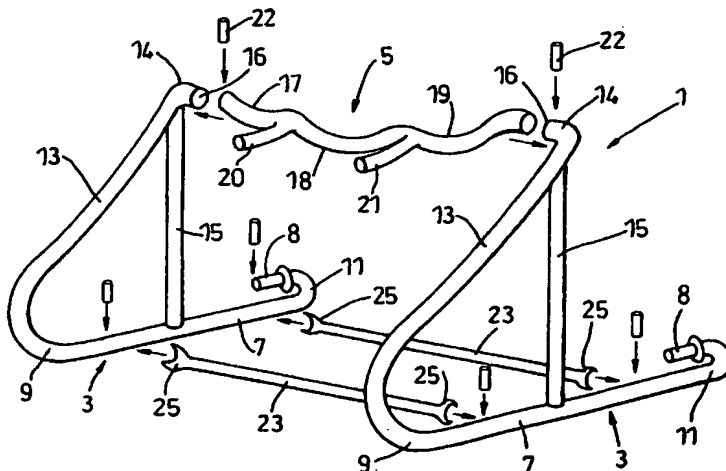
(74) Agent: BARKER BRETELL; Medina Chambers, Town Quay, Southampton SO14 2aq (GB).

Published:

- with international search report
- with amended claims and statement

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

(54) Title: EXERCISE APPARATUS



(57) Abstract: An exercise apparatus (1) comprises at least one upright (3) joined to a cross bar (5) provided with a limb support means (17, 18, 19). The upright (3) is of such a length that the cross bar (5) is spaced from the floor sufficiently such that, in use, the limb support means (17, 18, 19) comprises a leg support means to be positioned beneath, and to support, the legs of the user when the user is positioned beneath the cross bar (5). The cross bar (5) also being sufficiently spaced from the floor such that, in use, the limb support means (17, 18, 19) comprises a handgrip means to enable a user to push down on the exercise apparatus so that the exercise apparatus (1) supports at least some of the user's weight. The limb support means (17, 18, 19) comprises two limb supports (17, 18) that are relatively spaced along the longitudinal axis of the cross bar (5). The cross bar (5) is provided with a third limb support (19) in between the two limb supports (17, 18).

WO 2005/018751 A1